

SPEAKER'S BUREAU NEWSLETTER

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IN THE NEWS:

WEIGHT GAIN, RISK FACTOR FOR
BREAST CANCER?

QUESTION & ANSWER:

TELL ME MORE ABOUT THE BREAST
AND CERVICAL CANCER TREATMENT
ACT.

THINGS TO REMEMBER:

BREAST AND CERVICAL CANCER
PRESENTATION CHECKLIST

IN THE NEWS

WEIGHT GAIN, RISK FACTOR FOR BREAST CANCER?

NEW YORK (Reuters Health) - The amount of weight gained over a lifetime and waist-hip ratio appear to be risk factors for postmenopausal breast cancer, according to a recent report.

The Alberta Cancer Board in Calgary, Canada, compared 1,233 women with breast cancer with those of 1,237 control subjects. Post menopausal women with a waist circumference of at least 34 inches were 30% more likely to develop breast cancer than women with a circumference less than 28 inches. In addition, a waist-hip ratio of at least 0.18 was tied to a 43% increased risk of cancer compared with a ratio less than 0.72.

Postmenopausal women who gained 49 pounds or more since 20 years of age were 35% more likely to develop breast cancer than women who had gained less than 17 pounds. The biggest risk factor for breast cancer was the difference between maximum and minimum weights over adult lifetime. Women with a difference of at least 44 pounds were 56% more likely to develop cancer than those with a difference of less than 15 pounds.

"Our results corroborate and strengthen the evidence from previous research that avoiding weight gain throughout life is a means of reduction postmenopausal breast cancer risk. Particularly among never-users of hormone replacement therapy", the investigators state.

"Since our study did not have adequate power to examine [if weight loss over life-

time influences breast cancer risk], future studies designed specifically to include larger cohorts of women who experience weight loss are needed," they add.

Q & A

TELL ME MORE ABOUT THE BREAST AND CERVICAL CANCER TREATMENT ACT.

Before the treatment act was instituted in Utah the organizations administering the CDC's screening program made every attempt to connect diagnosed women with free or low cost treatment. As health care dollars tightened, fewer providers felt they could absorb the cost of unpaid care.

In 1999, 603 Utah women age 40-64 were diagnosed with breast cancer. In addition, 50 Utah women age 18-64 were diagnosed with cervical cancer. Approximately 10% of these women were without insurance to cover treatment. The approximate total cost, \$587,552. The breast and cervical cancer prevention and treatment act of 2000 (public law 106-354) was signed by former President Clinton in October 2000 and allows states to provide eligible women with Medicaid coverage to pay for the cost of breast or cervical cancer treatment. Utah was one of the first twelve states to have completed the steps required to provide the coverage to their residents.

Eligibility for these services are simple. First, a woman must not otherwise qualify for coverage under any Medicaid groups. Second, the woman must not have attained age 65. Third, the woman must have been diagnosed with breast or cervical cancer. Fourth, the woman must meet the income guidelines of UCCP's CDC requirement. Fifth, the woman must not otherwise be covered with creditable coverage.

Sixth, the woman must be a citizen of the United States. To refer, call 1-800-717-1811

THINGS TO REMEMBER

BREAST AND CERVICAL CANCER PRESENTATION



CHECKLIST

1. Cover basic breast and cervical cancer early detection content:
 - Know where free and low-cost screening is available and phone numbers
 - Early detection techniques
 - Risk factors
 - Signs and symptoms
 - Incidence/ mortality (how many times it occurs in your community/deaths)
2. Use effective speaking style:
 - Eye contact
 - Voice projection
 - Audience interaction
 - Use of visuals
 - Appropriate humor
 - Moderate pace (not too fast, not too slow)
 - Avoidance of distracting mannerisms (pacing, clicking pen, "umm", "you know")
3. Be current in your information
4. Avoid prejudices or biased opinions about treatment or a particular physician
5. Use appropriate relaxation techniques
6. Have Fun!